Did You Know?

Diabetes is COMMON and INCREASING

- Today, 1 in 10 adult Kentuckians have been diagnosed with diabetes. In 1995, this number was only 1 in 25!
- It is estimated that as many as 1 in 40
 Kentucky adults have diabetes but
 have not been diagnosed, leaving them
 at risk for serious complications.
- 40 percent of Kentuckians age 40-74 have pre-diabetes and are at very high risk for developing the disease (prediabetes means blood sugar levels are elevated but not high enough to be classified as diabetes).

Diabetes is SERIOUS

- Diabetes is the leading cause of blindness, kidney failure and amputations.
- Diabetes is the fifth leading cause of death by disease.

Diabetes is CONTROLLABLE

 Complications such as heart attack, stroke, blindness, kidney failure and amputation can be greatly reduced with proper medi cal care, good nutrition, modest physical activity and self-management education.

Diabetes is PREVENTABLE

 For those at risk for diabetes, lifestyle changes such as better nutrition and increased physical activity can decrease risk by almost 60 percent.

Diabetes is COSTLY

- Over 16 percent of all hospital stays in Kentucky are related to diabetes.
- Direct and indirect costs of diabetes are nearly \$3 billion each year.

Who We Are

The Kentucky Diabetes Prevention and Control Program (KDPCP) is a public health initiative consisting of a network of state, regional and local health professionals whose mission is to reduce new cases of diabetes as well as the sickness, disability and death associated with diabetes and its complications.

What We Do

Community Mobilization

Mobilize local and state partnerships to identify and positively impact diabetes-related issues.

Public Awareness

Promote state and national diabetes campaign materials and messages to the public.

Community Group Education

Provide classes to inform, educate and empower those with or at risk for diabetes.

Professional Education/Quality Improvement

Facilitate efforts to improve access to quality care for those with or at risk for diabetes.

Surveillance and Evaluation

Monitor data to assess the impact of diabetes, plan appropriate interventions and evaluate the effectiveness of program efforts.

Where We Are

For details about diabetes-related activities available in your area, contact your district/local health department, or the state KDPCP staff listed below and on the reverse side of this brochure.

District Health Departments

Barren River	270-781-8039
Buffalo Trace	
Cumberland Valley	
Gateway	
Green River	270-686-7747
Kentucky River	606-672-2393
Lake Cumberland	606-678-4761
Lexington Fayette	859-288-2423
Lincoln Trail	
Little Sandy	
Louisville Metro	
North Central	
Northern Kentucky	
Pennyrile	
Purchase	
Three Rivers	
WEDCO	

County Health Departments

Allen	270-237-4423
Anderson	502-839-4551
Ashland-Boyd	606-824-7181
Bourbon	859-987-1915
Boyle	859-236-2053
Bracken	606-735-2157
Breathitt	606-666-5274
Breckinridge	270-756-5121

Continued on next page

County Health Depts. continued

Bullitt
Carter
Christian
Clark
Elliott
Estill
Fleming
Floyd
Franklin
Garrard
Greenup
Hopkins
Jessamine
Johnson
Knox
Laurel
Lawrence
Lewis
Lincoln
Madison
Magoffin
Marshall
Martin
Mercer
Monroe
Montgomery
Muhlenberg
Oldham
Pike
Powell
Todd
Whitley
Woodford

KDPCP State Contact Information Kentucky Department for Public Health Chronic Disease Prevention & Control Branch 275 East Main Street, HS2W-E Frankfort, KY 40621-0001 502-564-7996 http://chfs.ky.gov/dph/ach/cd/diabetes.htm



Web Resources

American Association of Diabetes Educators www.diabeteseducator.org

American Diabetes Association www.diabetes.org

American Dietetic Association www.eatright.org

Centers for Disease Control and Prevention www.cdc.gov/diabetes

HealthFinder www.healthfinder.gov

Juvenile Diabetes Research Foundation Intl. www.jdrf.org

Kentucky Diabetes Network, Inc. www.kentuckydiabetes.net

KY Diabetes Prevention & Control Program http://chfs.ky.gov/dph/ach/cd/diabetes.htm

Kentucky Dietetic Association www.kyeatright.org

National Diabetes Education Program www.ndep.nih.gov

National Institute of Diabetes & Digestive & Kidney Diseases

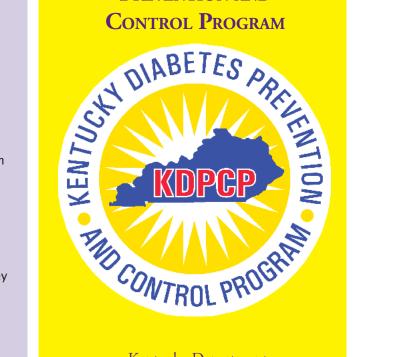
http://www.niddk.nih.gov

UK Cooperative Extension Service http://www.ca.uky.edu/county/



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KENTUCKY DIABETES
PREVENTION AND
CONTROL PROGRAM



Kentucky Department for Public Health